

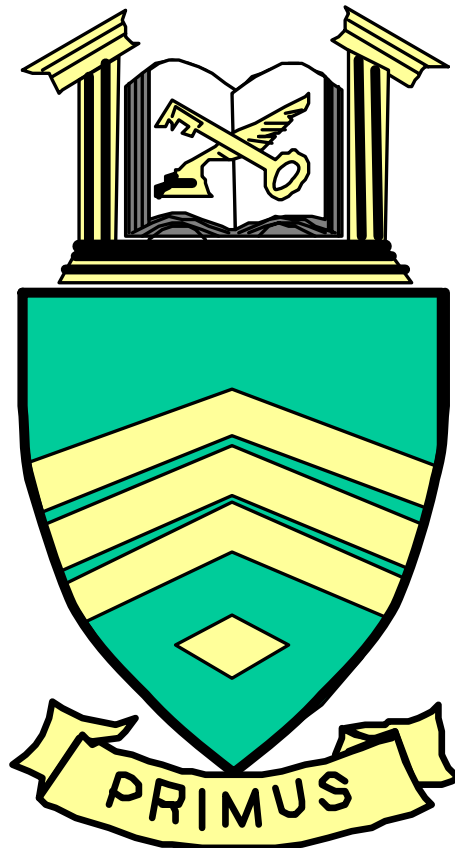
U.S. ARMY SERGEANTS MAJOR ACADEMY (FSC-TATS)

U659

OCT 03

WEIGHT CONTROL PROGRAM

## **TRAINING SUPPORT PACKAGE**



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## TRAINING SUPPORT PACKAGE (TSP)

<b>TSP Number / Title</b>	U659 / Weight Control Program
<b>Effective Date</b>	01 Oct 2003
<b>Supersedes TSP(s) / Lesson(s)</b>	U659, Weight Control Program, Nov 99
<b>TSP Users</b>	400-521-SQIM, Phase II, Resident 400-521-SQIM, Phase II, (DL)
<b>Proponent</b>	The proponent for this document is the Sergeants Major Academy.
<b>Improvement Comments</b>	<p>Users are invited to send comments and suggested improvements on DA Form 2028, <i>Recommended Changes to Publications and Blank Forms</i>. Completed forms, or equivalent response, will be mailed or attached to electronic e-mail and transmitted to:</p> <p>COMDT USASMA ATTN ATSS D BLDG 11291 BIGGS FIELD FORT BLISS TX 79918-8002</p> <p>Telephone (Comm): (915) 568-8875 Telephone (DSN): 978-8875</p> <p>e-mail: atss-dcd@bliss.army.mil</p>
<b>Security Clearance / Access</b>	Unclassified
<b>Foreign Disclosure Restrictions</b>	This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

## PREFACE

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**Purpose**

This Training Support Package provides the instructor with a standardized lesson plan for presenting instruction for:

**Task Number****Task Title**

121-010-8020

SUPERVISE UNIT PERSONNEL AND  
ADMINISTRATION FUNCTIONS

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**This TSP  
Contains**

## TABLE OF CONTENTS

	<u>PAGE</u>
Preface.....	2
Lesson     Section I Administrative Data .....	4
Section II Introduction.....	8
Terminal Learning Objective - Interpret the unit weight control program.....	9
Section III Presentation .....	10
Enabling Learning Objective A - Describe the Army's weight control objectives and responsibilities. ....	10
Enabling Learning Objective B - Describe the policy and procedures for the weight control program. ....	13
Enabling Learning Objective C - Discuss the standard methods for determining body fat. ....	16
Enabling Learning Objective D - Explain the nutrition guide for the weight control program. ....	18
Section IV Summary.....	20
Section V Student Evaluation .....	21
Appendix A Viewgraph Masters    A - .....	1
Appendix B Test(s) and Test Solution(s) (N/A)    B - .....	1
Appendix C Practical Exercises and Solutions    C - .....	1
Appendix D Student Handouts    D - .....	1

**Weight Control Program (FSC RESIDENT)**  
**U659 / Version 1**  
**01 Oct 2003**

**SECTION I. ADMINISTRATIVE DATA**

**All Courses Including This Lesson**

<u>Course Number</u>	<u>Version</u>	<u>Course Title</u>
400-521 SQIM	1	First Sergeant Course - The Army Training System (FSC - TATS)

**Task(s) Taught (\*) or Supported**

<u>Task Number</u>	<u>Task Title</u>
121-010-8020 (*)	SUPERVISE UNIT PERSONNEL AND ADMINISTRATION FUNCTIONS

**Reinforced Task(s)**

<u>Task Number</u>	<u>Task Title</u>
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**Academic Hours**

The academic hours required to teach this lesson are as follows:

	<u>Resident Hours/Methods</u>
	1 hr 20 mins /Conference / Discussion
	30 mins /Practical Exercise (Performance)
Test	0 hrs
Test Review	0 hrs
Total Hours:	2 hrs

**Test Lesson Number**

	<u>Hours</u>	<u>Lesson No.</u>
Testing (to include test review)		N/A

**Prerequisite Lesson(s)**

<u>Lesson Number</u>	<u>Lesson Title</u>
None	

**Clearance Access**

Security Level: Unclassified  
 Requirements: There are no clearance or access requirements for the lesson.

**Foreign Disclosure Restrictions**

This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

**References**

<u>Number</u>	<u>Title</u>	<u>Date</u>	<u>Additional Information</u>
AR 600-9	THE ARMY WEIGHT CONTROL PROGRAM (REPRINTED W/BASIC INCL C1- 2)	01 Sep 1986	

<b>Student Study Assignments</b>	Before class--					
	<ul style="list-style-type: none"> <li>Study AR 600-9 and SH-3.</li> </ul>					
	During class--					
	<ul style="list-style-type: none"> <li>Participate in class discussion and practical exercise.</li> </ul>					
	After class--					
	<ul style="list-style-type: none"> <li>Review classroom notes and materials.</li> <li>Turn in recoverable materials.</li> </ul>					
<b>Instructor Requirements</b>	1:14, Special Qualifications: FSC Grad, Served as 1SG, ITC, SGITC, and VTT-ITC (VTT only) qualified. 1:16, One Instructor at USASMA VTT site for Distance Learning (DL).					
<b>Additional Support Personnel Requirements</b>	<u>Name</u>	<u>Stu Ratio</u>	<u>Qty</u>	<u>Man Hours</u>		
	One site coordinator at each VTT site to operate the TNET equipment and coordinate classroom instruction. Must be FSC grad, served as 1SG, ITC, and SGITC qualified. (Enlisted)	1:16	2	2 hrs		
<b>Equipment Required for Instruction</b>	<u>ID</u> <u>Name</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
	441-06 LCD Projection System	1:14	1:1	No	1	No
	5820-00-T81-6161 VCR	1:14	1:1	No	1	No
	6730-00-577-4813 SCREEN PROJECTION: BM-10	1:14	1:1	No	1	No
	702101T134520 DELL CPU, MONITOR, MOUSE, KEYBOARD	14:14	1:1	No	1	No
	7110-00-T81-1805 DRY ERASE BOARD	1:14	1:1	No	1	No
	7510-01-424-4867 EASEL, (STAND ALONE) WITH PAPER	1:14	1:1	No	1	No
	FSC-1 TNET COMMUNICATIONS EQUIPMENT SUITE (VTT LESSON ONLY)	1:16	1:1	No	1	No
	FSC-2 TNET ROOM EQUIPMENT SUITE (VTT LESSON ONLY)	1:16	1:1	No	1	No
	FSC-3 TNET AUDIO/VIDEO LINKAGE EQUIPMENT (VTT LESSON ONLY)	1:16	1:1	No	1	No
	SNV1240262544393 36 - INCH COLOR MONITOR W/REMOTE CONTROL AND LUXOR STAND	1:14	1:1	No	1	No
	SOFTWARE-2 WINDOWS XP, LATEST GOVERNMENT APPROVED VERSION	14:14	1:1	No	1	No

TVT-705910	1:14	1:1	No	1	No
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\* Before Id indicates a TADSS

**Materials  
Required**

**Instructor Materials:**

- VGTs: 5.
- TSP.
- AR 600-9.
- TVT 8-103, Pin # 705910.
- Height/weight scale and authorized measuring body fat measuring tape.

**Student Materials:**

- Pen or pencil and writing paper.
- All reference material issued for this lesson.
- AR 600-9.

**Classroom,  
Training Area,  
and Range  
Requirements**

CLASSROOM XXI WITH T-NET CAPABILITY (VTT)  
CLASSROOM, GENERAL PURPOSE, 600 SF, 16 PN

**Ammunition  
Requirements**

<u>Id</u>	<u>Name</u>	<u>Exp</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt Qty</u>
None					



**Instructional  
Guidance**

**NOTE:** Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Before class--

**NOTE:** Break the classroom into three groups. Assign ELO-A to group one, ELO-B to group two, and ELO-C to group three. Allow 15 minutes to process and elect group leader to brief back.

VTT sites: Assign one ELO to each site and have them process and brief back in fifteen minutes.

Administer the PE in ELO C. The instructors may use the VGTs and the questions provided to generate discussion.

- Conduct this lesson using the Small Group Instruction method.
- Use the questions provided to generate discussion among the students at the different sites.
- Read all TSP material.
- Issue AR 600-9.

During class--

- The facilitator may need to create additional questions to ensure student participation continues throughout the lesson material.
- The DL (VTT) instructor will select an appropriate site prior to asking a student a question.
- Cover all learning objectives.
- Show TVT 8-103, PIN # 705910.

After class--

- Collect recoverable material.

**Proponent  
Lesson Plan  
Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Colyer, Donald J.	GS09	Training Specialist	
Graham, Kevin L.	MSG	Course Chief, FSC	
Gratton, Steven M.	SGM	Chief, Functional Courses	
Mays, Albert J.	SGM	Chief, CDDD	

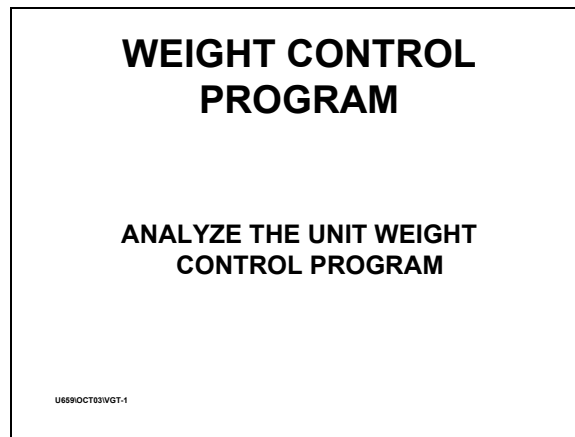
## SECTION II. INTRODUCTION

Method of Instruction: <u>Conference / Discussion</u>
Technique of Delivery: <u>Small Group Instruction (SGI)</u>
Instructor to Student Ratio is: <u>1:14</u>
Time of Instruction: <u>5 mins</u>
Media: <u>VGT-1</u>

### Motivator

**Camera: Main camera on the instructor. Ask all site coordinators if all sites are on line and ready to start the lesson.**

**SHOW VGT-1, TITLE SLIDE**



Physical fitness not only includes physical training; it also includes proper weight maintenance. The Army has always fostered a neat and trim appearance for its members. It's an essential function of day-to-day effectiveness and combat readiness that all personnel are healthy and physically fit. Commanders, supervisors, and individuals are responsible for maintaining proper weight and appearance standards. This lesson provides you with the doctrinal knowledge and hands-on proficiency to accomplish your responsibilities when implementing the unit weight control program.

**REMOVE VGT-1**

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**Terminal Learning Objective**

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**NOTE:** Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

<b>Action:</b>	Interpret the unit weight control program.
<b>Conditions:</b>	As a first sergeant, in a classroom, given AR 600-9 and student handouts.
<b>Standards:</b>	Applied the unit weight control program in a unit, pass a 40 question written examination with a score of 70 percent or better, IAW AR 600-9.

**Safety Requirements**

None

**Risk Assessment Level**

Low

**Environmental Considerations**

**NOTE:** It is the responsibility of all soldiers and DA civilians to protect the environment from damage.

**Evaluation**

At the end of this module, you will receive a 40-question written objective examination. It will test your learning of the objectives from this and other lessons. To get a go (70 percent), you must answer 28 or more of the questions correctly.

**Instructional Lead-In**

None

### SECTION III. PRESENTATION

**NOTE:** Inform the students of the Enabling Learning Objective requirements.

#### A. ENABLING LEARNING OBJECTIVE

<b>ACTION:</b>	Describe the Army's weight control objectives and responsibilities.
<b>CONDITIONS:</b>	As a first sergeant, in a classroom, given AR 600-9.
<b>STANDARDS:</b>	Described the Army's weight control objectives and responsibilities IAW AR 600-9.

1. Learning Step / Activity 1. Weight control objectives and responsibilities  
Method of Instruction: Conference / Discussion  
Technique of Delivery: Small Group Instruction (SGI)  
Instructor to Student Ratio: 1:14  
Time of Instruction: 20 mins  
Media: VGT-2 and VGT-3

In order to monitor the unit weight control program you must understand the Army's policy. The Army's weight control policy is explicit in delineation of leader responsibilities. We will now discuss the objectives.

**NOTE:** Have the group/site 1 brief back by paraphrasing the reference and give examples. If necessary, use the following questions to generate the discussion.

**QUESTION:** What is the primary objective of the Army's weight control program?

**ANSWER:** See VGT-2.

#### SHOW VGT-2, WEIGHT CONTROL PROGRAM PRIMARY OBJECTIVE

**WEIGHT CONTROL  
PROGRAM PRIMARY  
OBJECTIVE**

**To ensure that all personnel:**

- **Meet the physical demands of duties under combat conditions.**
- **Present a trim military appearance at all times.**

U659/OCT03/VGT-2

Ref: AR 600-9, para 1-4a.

**NOTE:** Allow the students time to answer the question before you show them the slide. Ensure the students cover the fact that excessive body fat does three things:

1. Connotes a lack of personal discipline.
2. Detracts from military appearance.
3. Indicate a poor state of health, physical fitness, or stamina.

Ref: AR 600-9, para 1-4b

## **REMOVE VGT-2**

QUESTION: What are some other objectives of the Army's weight control program?

ANSWER: Other objectives of the Army's weight control program are:

- Assist in establishing and maintaining:
  - Discipline.
  - Operational readiness.
  - Optimal physical fitness.
  - Health.
  - Effectiveness of Army personnel through weight control.
- Establish appropriate body fat standards.
- Provide procedures for counseling personnel in methods to meet the standard.
- Foster high standards of professional military appearance.

Ref: AR 600-9, para 1-4c (1) thru (4)

**NOTE:** Have students briefly discuss why the objectives are important.

Now that we know what the objectives of the overweight program are, we can discuss the responsibilities of the commanders, supervisors, and other personnel involved in the program.

QUESTION: Who is responsible for meeting the standards prescribed in AR 600-9?

ANSWER: Each soldier is responsible for meeting the standards prescribed in AR 600-9.

Ref: AR 600-9, para 16

**NOTE:** Have the soldiers discuss the individual responsibilities found in paragraph 16.

QUESTION: What are the commanders'/supervisors' weight control responsibilities?

ANSWER: See VGT-3.

Ref: AR 600-9, para 17

## SHOW VGT-3, COMMANDERS'/SUPERVISORS' RESPONSIBILITIES

### COMMANDERS'/SUPERVISORS' RESPONSIBILITIES

- Implement the Army weight control program.
- Ensure continued evaluation of all soldiers.
- Maintain data on their soldiers.
- Encourage soldiers to establish personal weight goals.

U689OCT03VGT-3

Ref: AR 600-9, para 1-17

**NOTE:** Ensure students discuss each of the bullets. There is one more item of interest. Ensure that the commander/supervisor of soldiers on TDY and/or PCS insert the following on the orders, "You are responsible for reporting to your next duty station/school in satisfactory physical condition, able to pass the APFT and meet weight standards."

### REMOVE VGT-3

QUESTION: Who are the other two assets available to you as the first sergeant to assist you with the overweight program?

ANSWER: The two other assets are:

- a. Healthcare personnel.
- b. Master fitness trainers.

Ref: AR 600-9, para 18 and 19

**NOTE:** Have the students briefly discuss the responsibilities of the healthcare personnel and the Master Fitness Trainer.

### CHECK ON LEARNING:

QUESTION: What does excessive body fat do to a soldier?

ANSWER: Excessive body fat:

- a. Connotes a lack of personal discipline.
- b. Detracts from military appearance.
- c. May indicate a poor state of health, physical fitness, or stamina.

Ref: AR 600-9, para 1-4b(1) thru (3)

**B. ENABLING LEARNING OBJECTIVE**

<b>ACTION:</b>	Describe the policy and procedures for the weight control program.
<b>CONDITIONS:</b>	As a first sergeant, in a classroom, given AR 600-9.
<b>STANDARDS:</b>	Described the policy and procedures for the weight control program IAW AR 600-9.

1. Learning Step / Activity 1. Policy and procedures for the weight control program

Method of Instruction: Conference / Discussion

Technique of Delivery: Small Group Instruction (SGI)

Instructor to Student Ratio: 1:14

Time of Instruction: 10 mins

Media: VGT-4

Commanders and supervisors will monitor all officers, warrant officers and enlisted personnel of their command to ensure that they maintain the proper weight, body composition, and personal appearance.

**NOTE:** For the following questions, have group/site paraphrase the answer and cite examples. If necessary, use the following questions to generate a discussion of ELO-B.

**QUESTION:** At a minimum, when should you, as the commander's representative, weigh your personnel?

**ANSWER:** At a minimum, commanders should weigh their personnel when they take the APFT or at least every six months.

Ref: AR 600-9, para 20a

**QUESTION:** What is the status of personnel placed on the weight control program?

**ANSWER:** See VGT-4.

Ref: SH-3-1, para (1) thru (6)

## SHOW VGT-4, OVERWEIGHT PERSONNEL STATUS

### OVERWEIGHT PERSONNEL STATUS

- Non-promotable.
- Not assigned to command positions.
- Not authorized to attend professional or civilian schooling.
- Personnel overweight when they arrive at any DA board select school will be disenrolled.
- Personnel overweight when they arrive at a professional school (not DA or PCS) will be disenrolled and reassigned.

U689OCT03VGT-4

Ref: SH-3-1, para (1) thru (6)

**NOTE:** Allow the students time to discuss the reassignment process as stated in para 6.

### REMOVE VGT-4

**QUESTION:** In your unit, how do you determine which personnel require a body fat composition determination?

**ANSWER:** The following personnel require a body fat composition determination:

- a. Whose body weight exceeds the screening table weight?
- b. When the commander/supervisor determine that the individual's appearance suggests that body fat is excessive.

Ref: AR 600-9, para 21a(1) and (2)

**QUESTION:** When a soldier (AC and RC) exceeds the body fat standards in paragraph 20c, what action must the commander take?

**ANSWER:** The commander must:

- a. Initiate weight reduction counseling by health care personnel.
- b. Enter the soldier in the weight control program.
- c. Flag the soldier IAW AR 600-8-2.

Ref: AR 600-9, para 21b

**NOTE:** See AR 600-9, Figure 2, for procedure.

**NOTE:** Ensure the students understand that enrollment in the weight control program starts on the day the commander informs the soldier of his enrollment. Weight reduction counseling can take place prior to or shortly after entry into the program.



QUESTION: What is the required weight loss goal per month?

ANSWER: The required weight loss goal of 3 to 8 pounds per month is a safely attainable goal to enable soldiers to lose excess weight and meet the body fat standard.

Ref: AR 600-9, para 21e(1)

QUESTION: How often do you weigh personnel in the weight control program in your unit to measure progress?

ANSWER: Personnel in the weight control program go through the body fat process measurement monthly (during unit assemblies for ARNG and USAR personnel).

Ref: AR 600-9, para 1-21e(1)

QUESTION: When does your unit commander remove an individual from the weight control program?

ANSWER: The unit commander removes an individual from the weight control program as soon as he/she achieves the body fat standard.

Ref: AR 600-9, para 1-21f

**NOTE:** Make sure the students understand that:

1. After a soldier is on the weight control program, meeting the screening weight alone will not take him/her off the program.
2. Remove soldiers from the Weight Control Program as soon as he/she meets the body fat requirement.

QUESTION: At what time during the overweight program enrollment of a soldier does the commander need to initiate a bar to reenlistment?

ANSWER: The unit commander initiates a mandatory bar to reenlistment or administrative separation proceedings for soldiers who do not make satisfactory progress in the weight control program after a six month period and for whom no medical reason exists to cause the overweight condition.

Ref: AR 600-9, par 21g (2)

**NOTE:** Ensure that the students understand that a soldier on the overweight program cannot reenlist or extend. Allow a brief discussion on the reenlistment criteria in AR 600-9, para 22.

**C. ENABLING LEARNING OBJECTIVE**

<b>ACTION:</b>	Discuss the standard methods for determining body fat.
<b>CONDITIONS:</b>	As a first sergeant, in a classroom, given AR 600-9.
<b>STANDARDS:</b>	Discussed the standard methods for determining body fat IAW AR 600-9.

1. Learning Step / Activity 1. Standard methods for determining body fat

Method of Instruction: Conference / Discussion

Technique of Delivery: Small Group Instruction (SGI)

Instructor to Student Ratio: 1:14

Time of Instruction: 15 mins

Media: TVT 8-103 (15 minutes)

We will now discuss how to determine body fat. It may seem like an easy thing to do, but you must take precautions when taking body fat measurements. Only designated personnel should perform the measurement. You need to read the instructions on DA forms 5500-R or 5501-R, Body Fat Worksheets, before performing the measurements.

**NOTE:** Pass out one copy of DA Form 5500-R and 5501-R to each student. Have students turn to AR 600-9, Appendix B and have group/site 3 discuss the methods for determining body fat composition and worksheet completion. Ensure students emphasize that the instructions for DA Form 5500 (male) are in paragraph B-7. The instructions for DA Form 5501 (Female) are in paragraph B-8.

**SHOW TVT 8-103, (15 MINUTES)**

**NOTE:** Answer any questions the students may have regarding the film.

**BREAK:** TIME: 00:50 to 01:00

2. Learning Step / Activity 2. Standard methods for determining body fat

Method of Instruction: Practical Exercise (Performance)

Technique of Delivery: Small Group Instruction (SGI)

Instructor to Student Ratio: 1:14

Time of Instruction: 30 mins

Media: VGT-5, VGT-6, and PE-1

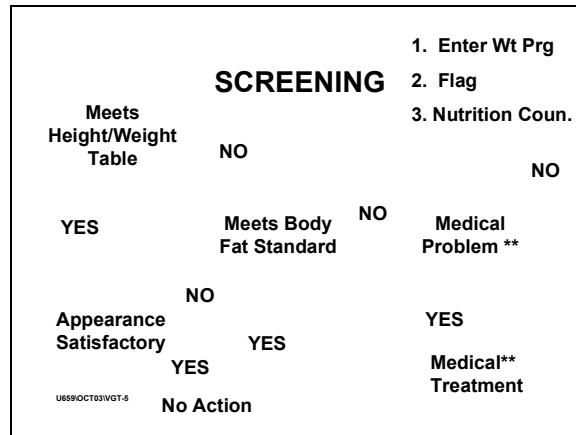
You will now complete a practical exercise on how to determine body fat composition and use the associated worksheets properly.

**NOTE:** Divide the class/sites into three person groups, if possible. Issue and conduct PE-1. Monitor to ensure students are using the correct procedures. Do not intervene unless necessary.

**NOTE:** Refer the students to figure 2, AR 600-9. Use the following questions and VGT-5 and VGT-6 as a check on learning on the procedures to follow in the following scenarios. Ask different students from each of the groups/site for the answer. Allow for student interaction among the groups/sites.

**SCENARIO 1:** You have just completed a company weigh-in following the APFT. What are your actions on the following:

**SHOW VGT-5, SCREENING**



1. All your soldiers meet the height and weight standards and do not present an unfavorable appearance.

Action: No action.

2. One soldier does not meet the height and weight standards and one soldier appears to be overweight.

Action: Perform tape test to ensure that the soldiers meet the body fat standards. If they meet the body fat standards, no action required.

3. Neither soldier meets the body fat standards.

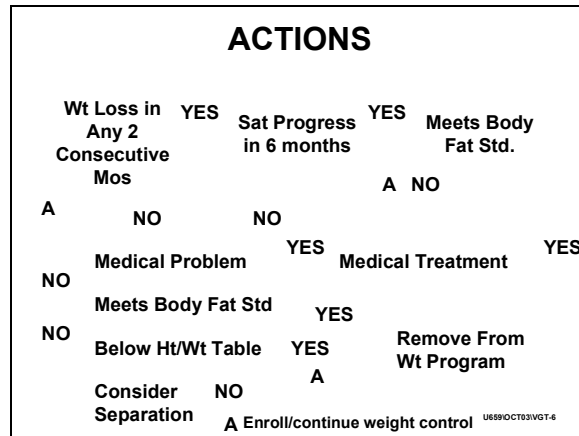
Action: Initiate action to have the soldiers medically evaluated. If no underlying medical problem exists, place the soldier in the overweight program, initiate flag action, and set up nutrition counseling appointment for the soldier. If an underlying medical problem exists, send the soldier to medical treatment.

Ref: AR 600-9, para 21, and figure 2 (flow process chart)

**SCENARIO 2:** As a monthly review, you are screening your overweight folders and encounter the following conditions. What are you actions?

**REMOVE VGT-5**

## SHOW VGT-6, ACTIONS



1. One soldier makes satisfactory progress by losing 6 pounds in the first two months but does not meet the body fat standards.

Action: Continue the soldier in the over weight program until he/she meets the body fat standards or process for separation.

Ref: AR 600-9, fig 2

2. One of your soldiers did not make satisfactory progress after the initial 6-month period, still exceeds the body fat standard, but he is under the screening weight table.

Action: Continue on the overweight program.

Ref: AR 600-9, para 21h

3. One soldier met the body fat standard on the third month of being on the overweight program.

Action: Remove from the over weight program.

Ref: AR 600-9, fig 2

## REMOVE VGT-6

### D. ENABLING LEARNING OBJECTIVE

<b>ACTION:</b>	Explain the nutrition guide for the weight control program.
<b>CONDITIONS:</b>	As a first sergeant, in a classroom, given AR 600-9.
<b>STANDARDS:</b>	Explained the nutrition guide for the weight control program IAW AR 600-9.

1. Learning Step / Activity 1. The nutrition guide for the weight control program

Method of Instruction: Conference / Discussion

Technique of Delivery: Small Group Instruction (SGI)

Instructor to Student Ratio: 1:14

Time of Instruction: 15 mins

Media: None

The last area of weight control is that of nutrition. Improving your nutrition will increase your mileage in many ways. You can even lose weight while improving your performance. Your nutrition program should include the right number of calories to cause a steady loss of body fat with no loss of energy. The best nutrition program is one that allows you to lose body fat while eating regular wholesome foods in controlled portions.

**NOTE:** Have the students discuss paragraph C-1 as a group. Ask for some personal experiences as a tool for learning. Ensure that they understand that the nutrition guide does not replace the requirement for weight reduction counseling by qualified health care personnel for soldiers in the Active or Reserve Components. This guide can be a supplement to weight reduction counseling and can serve as a guide for commanders/first sergeants in developing an effective weight control program.

**CHECK ON LEARNING:** The check on learning questions and the practical exercise serve as the check on learning for this TSP.

#### SECTION IV. SUMMARY

Method of Instruction: <u>Conference / Discussion</u>
Technique of Delivery: <u>Small Group Instruction (SGI)</u>
Instructor to Student Ratio is: <u>1:14</u>
Time of Instruction: <u>5 mins</u>
Media: <u>None</u>

---

#### Check on Learning

The check on learning questions and the practical exercise serve as the check on learning for this TSP.

---

#### Review / Summarize Lesson

We have discussed that physical fitness consists of not only physical training, but also maintaining the proper body weight. The Army has always fostered a neat and trim appearance. It is essential to be healthy and physically fit to accomplish the day-to-day mission.

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## SECTION V. STUDENT EVALUATION

### Testing Requirements

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**NOTE:** Describe how the student must demonstrate accomplishment of the TLO. Refer student to the Student Evaluation Plan.

You will receive a written examination at the end of this module. You must correctly answer at least 70 percent (28 questions) of the 40 questions to receive a GO. A GO is a requirement for graduation.

### Feedback Requirements

---

**NOTE:** Feedback is essential to effective learning. Schedule and provide feedback on the evaluation and any information to help answer students' questions about the test. Provide remedial training as needed.

You will participate in an After Action Review (AAR) immediately following the examination for this particular lesson.

---

Terminal Learning Objective

VGT-1, Title Slide

# **WEIGHT CONTROL PROGRAM**

## **ANALYZE THE UNIT WEIGHT CONTROL PROGRAM**

U659\OCT03\VGT-1



Enabling Learning Objective A

Learning Step 1

VGT-2, Weight Control Program Primary Objective

# **WEIGHT CONTROL PROGRAM PRIMARY OBJECTIVE**

**To ensure that all personnel:**

- **Meet the physical demands of duties under combat conditions.**
- **Present a trim military appearance at all times.**

U659\OCT03\VGT-2

## **COMMANDERS'/SUPERVISORS' RESPONSIBILITIES**

- **Implement the Army weight control program.**
- **Ensure continued evaluation of all soldiers.**
- **Maintain data on their soldiers.**
- **Encourage soldiers to establish personal weight goals.**

U659\OCT03\VGT-3

## **OVERWEIGHT PERSONNEL STATUS**

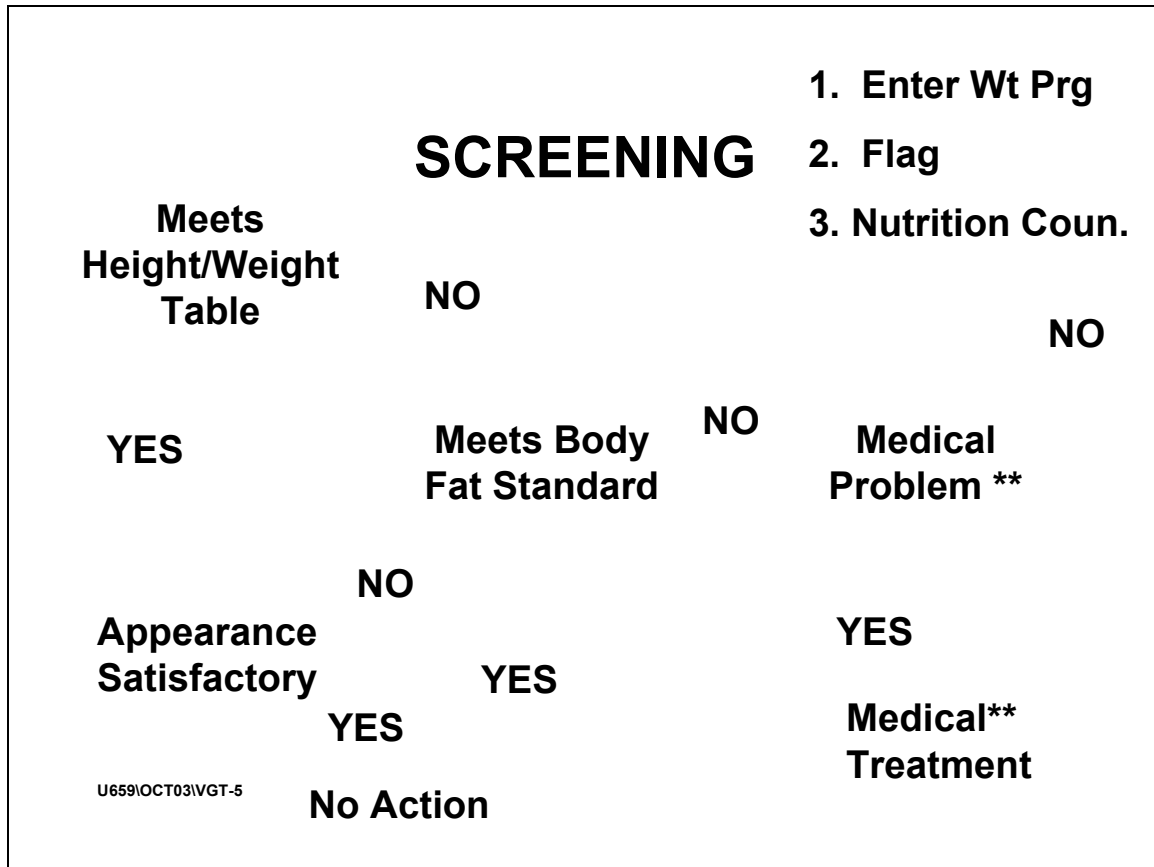
- **Non-promotable.**
- **Not assigned to command positions.**
- **Not authorized to attend professional or civilian schooling.**
- **Personnel overweight when they arrive at any DA board select school will be disenrolled.**
- **Personnel overweight when they arrive at a professional school (not DA or PCS) will be disenrolled and reassigned.**

U659\OCT03\VGT-4

Enabling Learning Objective C

Learning Step 2

VGT-5, Screening



ACTIONS				
	Wt Loss in Any 2 Consecutive Mos	YES	Sat Progress in 6 months	YES
				Meets Body Fat Std.
				A NO
A	NO		NO	
			YES	Medical Treatment
NO	Medical Problem			YES
	Meets Body Fat Std		YES	
NO	Below Ht/Wt Table	YES		Remove From Wt Program
		A		
	Consider Separation	NO		
		A	Enroll/continue weight control	

U659\OCT03\VGT-6

**Appendix B Test(s) and Test Solution(s) (N/A)**

## PRACTICAL EXERCISE SHEET PE-1

<b>Title</b>	Weight Control Program		
<b>Lesson Number/Title</b>	U659 version 1 / Weight Control Program (FSC RESIDENT)		
<b>Introduction</b>	As a first sergeant, you need to know the Weight Control Program.		
<b>Motivator</b>	Early identification of individuals not meeting the requirements of AR 600-9 is essential in our ability to maintain a fighting force second to none. You need to know how to use AR 600-9 to manage your weight control program in an efficient manner.		
<b>Learning Step/Activity</b>	<p><b>NOTE:</b> The instructor should inform the students of the following Learning Step/Activity requirements. (ELO C.2)</p> <p>At the completion of this lesson, you [the student] will:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;"><b>Action:</b></td><td>Standard methods for determining body fat</td></tr> </table>	<b>Action:</b>	Standard methods for determining body fat
<b>Action:</b>	Standard methods for determining body fat		
<b>Safety Requirements</b>	None		
<b>Risk Assessment Level</b>	Low		
<b>Environmental Considerations</b>	None		
<b>Evaluation</b>	This is a self-graded practical exercise. The instructor will use the solution sheet to lead the students in a discussion of the solution of the PE.		
<b>Instructional Lead-In</b>	None		
<b>Resource Requirements</b>	<p><b>Instructor Materials:</b> Solution to PE-1.</p> <p><b>Student Materials:</b></p> <ul style="list-style-type: none"> <li>Pen or pencil and writing paper.</li> <li>All reference material issued for this lesson.</li> <li>AR 600-9.</li> <li>Height/weight scale and authorized measuring body fat measuring tape.</li> <li>DA Forms 5500-R and 5501-R.</li> <li>SH-2.</li> </ul>		
<b>Special Instructions</b>	You have 30 minutes to complete the practical exercise and a review. Part I of the PE is an individual effort and part II is a group effort. Part I will help you identify your understanding of the regulatory guidance. Part II will allow you the opportunity for hands-on experience. You will need to know the order for measuring body fat and how to complete the worksheet IAW AR 600-9. Each group requires one tape measure and DA Forms 5500-R and 5501-R (SH-2).		

---

**PART ONE**

**Situation:**

You are the unit 1SG and have just completed a company weigh-in. You have several soldiers that exceed the maximum authorized weight for their height IAW AR 600-9. You are discussing procedures for determining body fat composition with your unit commander and the following questions came up.

**ITEM 1:**

When taking the measurements to determine body fat composition, how many times do you measure each area?

When taking the measurements to determine body fat composition, you measure each are:

- a. Once.
- b. Twice.
- c. Three times.
- d. Four times.

**ITEM 2:**

When taking measurements to determine body fat composition on a male soldier, what circumference sites and landmarks do you measure?

When taking measurements to determine body fat composition on a male soldier, you measure the following:

- a. Neck, abdomen and hip.
- b. Neck and abdomen.
- c. Neck, Abdomen and thigh.
- d. Hip, neck, wrist and forearm.

**ITEM 3:**

When taking measurements to determine body fat composition on a female soldier, what circumference sites and landmarks do you measure?



When taking measurements to determine body fat composition on a female soldier, you measure the following:

- a. Neck and abdomen.
- b. Hip, abdomen, neck, forearm.
- c. Hip, neck, wrist, forearm.
- d. Hip, abdomen, thigh, neck.

**ITEM 4:**

For a measurement of a specific landmark to be valid, how close must the result of each of the required measurements be to each other?

For a measurement of a specific landmark to be valid, the result of each measurement is:

- a. 1/8 of an inch.
- b. 1/4 of an inch.
- c. 1/2 of an inch.
- d. 3/4 of an inch.

**ITEM 5:**

When taking measurements to determine body fat composition, what gender should the soldier taking the measurement be?

When taking measurements to determine body fat composition, the soldier taking the measurement should be:

- a. The same gender.
- b. The opposite gender.
- c. This decision requires no consideration; we are all soldiers.
- d. At the discretion of the first sergeant.

## **PART TWO**

**NOTE:** The instructor will divide the class into groups of three individuals per group when possible.

Each person in the group will perform a body fat measurement using either DA Form 5500-R (Male) or DA Form 5501-R (Female) (SH-2).

1. Perform a body fat measurement IAW AR 600-9.
2. Record the data in the appropriate blocks on the forms IAW AR 600-9, Appendix B, figures B-1 and B-3.
3. Observers must ensure that the tape placements are correct IAW figures B-2 and B-4 in Appendix B.

---

**Feedback  
Requirements**

None

**SOLUTION FOR  
PRACTICAL EXERCISE PE-1**

**PART ONE**

Item 1: c. (AR 600-9, Appendix B, para B-1b).

Item 2: b. (AR 600-9, Appendix B, para B-4).

Item 3: c. (AR 600-9, Appendix B, para B-5).

Item 4: b. (AR 600-9, Appendix B, para B-1b).

Item 5: a. (AR 600-9, Appendix B, para B-1b).

## **PART TWO**

This is a self-graded exercise.

---

## HANDOUTS FOR LESSON 1: U659 version 1

---

### **This Appendix Contains**

This appendix contains the items listed in this table--

<b>Title/Synopsis</b>	<b>Pages</b>
SH-1, Advance Sheet	SH-1-1
SH-2, Extract, DA Forms 5500-R and 5501-R, AR 600-9	SH-2-1 thru SH-2-3
SH-3, Interim change 1, AR 600-9	SH-3-1 to SH-3-8
SH-4, Student Notes	SH-4-1 to SH-4-3

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# Student Handout 1

## Advance Sheet

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### Lesson Hours

This lesson consists of two hours of small group instruction.

---

### Overview

Physical fitness not only includes physical training, but proper weight maintenance. The Army has always fostered a neat and trim appearance for its members. It is an essential function of day-to-day effectiveness and combat readiness that all personnel are healthy and physically fit. Commanders, supervisors, and individuals are responsible for maintaining and enforcing proper weight and appearance standards. This lesson provides you with the doctrinal knowledge and hands-on proficiency to accomplish your responsibilities in analyzing the unit weight control program. This lesson consists of a before class reading assignment, a classroom discussion, and a practical exercise.

---

### Learning Objective

Terminal Learning Objective (TLO).

<b>Action:</b>	Interpret the unit weight control program.
<b>Conditions:</b>	As a first sergeant, in a classroom, given AR 600-9 and student handouts.
<b>Standard:</b>	Applied the unit weight control program in a unit, pass a 40 question written examination with a score of 70 percent or better, IAW AR 600-9.

- ELO A** Describe the Army's weight control objectives and responsibilities.
  - ELO B** Describe the policy and procedures for the weight control program.
  - ELO C** Interpret the standard methods for determining body fat.
  - ELO D** Explain the nutrition guide for the weight control program.
- 

### Assignment

The student assignments for this lesson are:

- Study AR 600-9 and IO1 (SH-3).
- 

### Additional Subject Area Resources

None.

---

### Bring to Class

- Pen or pencil and writing paper.
- All reference material received for this lesson and Practical Exercise 1.

## Student Handout 2

---

### Extract

This Student Handout contains DA Forms 5500-R and 5501-R of AR 600-9.

---

M                      TAB                      TAB                      TAB                      TAB                      TAB

**BODY FAT CONTENT WORKSHEET (Male)**  
For use of this form, see AR 600-9; the proponent agency is DCSPER

NAME (Last, First, Middle Initial)	SSN	RANK	NOTE: ¼"=.25 ½"=.50 ¾"=.75
HEIGHT (to nearest 0.25 inch)	WEIGHT (to nearest pound)	AGE	

STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.25 in.)
1. Measure abdomen at the level of the navel (belly button) to the nearest 0.25 inch. (Repeat 3 times.)				
2. Measure neck just below level of larynx (Adam's apple) to the nearest 0.25 inch. (Repeat 3 times.)				
3. Enter the average abdominal measurement to the nearest 0.25 inch.				
4. Enter the average neck measurement to the nearest 0.25 inch.				
5. Subtract Step 4 from Step 3 (Enter result) to the nearest 0.25 inch.				
6. Find result from Line 5 (the difference between Neck and Abdomen) in Table B-1 (Abdomen-Neck Factor). Enter factor.				
7. Find the height in Table B-2 (Height Factor). Enter factor.				
8. Subtract Step 7 from Step 6 (Enter result). This is Soldier's Percent Body Fat.				

REMARKS

CHECK ONE  
☐ Individual is in compliance with Army Standards; ☐ is not in compliance with the standards.  
☐ Recommended monthly weight loss is 3-8 lbs.

PREPARED BY (Signature)	RANK	DATE	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE
-------------------------	------	------	--	------	------



M

TAB

TAB

TAB

TAB

### BODY FAT CONTENT WORKSHEET (Female)

For use of this form, see AR 600-9; the proponent agency is DCSPER

NAME (Last, First, Middle Initial)	SSN	RANK		NOTE: ¼" = .25 ½" = .50 ¾" = .75
HEIGHT (to nearest 0.25 inch)	WEIGHT (to nearest pound)	AGE		
STEP	FIRST	SECOND	THIRD	
				AVERAGE (to nearest 0.25 in.)

1. Find the soldier's weight in Table B-3 (Weight Factor). Enter factor in 11A below.

2. Find soldier's height in Table B-4 (Height Factor). Enter factor in 11D below.

3. Measure hips at point where the gluteus muscles (buttocks) protrude backward the most. Round off to nearest 0.25 inch. Repeat three times, then average.

4. Measure forearm at its largest point (with arm horizontal, palm up) to nearest 0.25 inch. Repeat three times, then average.

5. Measure neck just below level of larynx (Adam's apple) to nearest 0.25 inch. Repeat three times, then average.

6. Measure wrist between the bones of the hand and forearm to nearest 0.25 inch. Repeat three times, then average.

7. Find average hip measurement in Table B-5 (Hip Factor). Enter factor in 11B below.

8. Find average forearm measurement in Table B-6 (Forearm Factor). Enter factor in 11E below.

9. Find average neck measurement in Table B-7 (Neck Factor). Enter factor in 11F below.

10. Find average wrist measurement in Table B-8 (Wrist Factor). Enter factor in 11G below.

11. CALCULATIONS			REMARKS
A. Weight Factor			
B. Hip Factor			
C. TOTAL (11A + 11B)			
D. Height Factor			
E. Forearm Factor			
F. Neck Factor			
G. Wrist Factor			
H. TOTAL (11D + E + F + G)			
I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)			

#### CHECK ONE

\_\_\_ Individual is in compliance with Army standards; \_\_\_ is not in compliance with the standards.  
 \_\_\_ Recommended monthly weight loss is 3-8 lbs.

PREPARED BY (Signature)

RANK

DATE

APPROVED BY SUPERVISOR  
(Printed Name and Signature)

RANK

DATE

## Student Handout 3

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### Extract

This Student Handout contains an extract of the changes to Physical Training Regulations downloaded from the Office of the Deputy Chief of Staff for Personnel Programs page.

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## Changes to Physical Training Regulations

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### **SUBJECT: THE ARMY WEIGHT CONTROL PROGRAM INTERIM CHANGE 1**

Interim change one is in effect until interim change 2 is published.

---

### **SUBJECT: THE ARMY WEIGHT CONTROL PROGRAM INTERIM CHANGE 1**

Maximum allowable body fat standards are as follows:

Age Group: 17-20 Male (% body fat): 20 Female (% body fat): 30

Age Group: 21-27 Male (% body fat): 22 Female (% body fat): 32

Age Group: 28-39 Male (% body fat): 24 Female (% body fat): 34

Age Group: 40+ Male (% body fat): 26 Female (% body fat): 36

Personnel who are overweight (including soldiers who become pregnant while on the weight control program):

- 1) Are nonpromotable (to the extent such nonpromotion is permitted by law).
- 2) Will not be assigned to command positions.
- 3) Are not authorized to attend professional military schooling. All soldiers scheduled for attendance at professional military schooling will be screened prior to departing their home station/losing command. Their height and weight will be recorded on their TDY orders (DD Form 1610, block 16) or on their PCS packet. Soldiers exceeding the screening table weight in table 1 will not be allowed to depart their commander has determined they meet body fat composition standards.
- 4) Personnel arriving at any DA board select school or those who PCS to a professional military school, who do not meet the body composition standards will be processed for disenrollment and, if applicable, removal from the DA board select list as follows:
  - a) The soldier will be notified in writing of the proposed action, the basis for the proposed action, and the consequences of denied enrollment and removal from the selection list.
  - b) The soldier will be afforded an opportunity to submit matters in rebuttal and a reasonable period of time (not to exceed five working days) in which to submit matters.
  - c) The approval authority is the soldier's general court-martial convening authority, who will take prompt action consistent with the best interests of the Army after review of all matters submitted. The approval authority must approve enrollment denial and removal from the DA

board select list if he finds that, in light of all the facts and circumstances, the soldiers failure to meet body fat standards was the result of a lack of that level of self discipline expected of a soldier of similar rank and experience.

5) Personnel arriving at professional military schools (other than a DA board select or PCS schools) who do not meet body fat composition standards will be denied enrollment without further process and reassigned IAW paragraph (6) below.

6) When enrollment has been denied IAW paragraph (4) or (5) above, the following policy applies:

a) For active component soldiers denied enrollment:

1. TDY and return. Soldiers will be immediately returned to home station.

2. TDY enroute. Soldiers will be attached to the installation pending clarification of assignment instructions for follow-on assignment. The school commandant will notify PERSCOM of the soldier's ineligibility for schooling and request clarification of assignment instructions.

3. PCS. Policy in para 20d(4) is followed. If enrollment is denied, soldiers will be immediately reported as available for assignment and attached to the installation pending assignment instructions from PERSCOM.

b) For the Army National Guard soldiers denied enrollment:

1. TDY and return. All M-Day, Title 32 AGR and Title 10 AGR ARNG personnel will return to home station. For M-Day and Title 32 AGR personnel, the school commandant will forward the memorandum to the Adjutant General of the State Concerned. For Title 10 AGR personnel, the school commandant will forward memorandum to Chief, National Guard Bureau, ATTN: NGB-ARZ.

2. TDY enroute. Title 32 AGR personnel will be immediately returned to home station. The memorandum from the school commandant will be forwarded to the Adjutant General of the state concerned. ARNG Title 10 personnel will be sent to their next permanent duty station. The memorandum will be forwarded to Chief, National Guard Bureau, ATTN: NGB-ARZ.

3. PCS. Policy in para 20d(4) is followed. Title 32 personnel will be immediately returned to home station. ARNG Title 10 personnel will be attached to the Office of the Senior ARNG Advisor at the installation pending receipt of permanent assignment instructions from NGB-ARP-CT.

c) U.S. Army Reserve soldiers denied enrollment:

1. TDY and return. All personnel will return to home station. For USAR Title 10 AGR personnel will be sent to their next permanent duty station. The memorandum will be forwarded to Commander, ARPERCEN (DARP-AR). For non-AGR soldiers, forward the memorandum to the first general officer in the soldier's chain of command.

2. TDY enroute. USAR Title 10 AGR personnel will be sent to their next permanent duty station. The memorandum will be forwarded to Commander, ARPERCEN (DARP-AR). The school commandant will immediately notify the gaining installation.

3. PCS. Policy in para 20d(4) is followed. The school commandant will immediately report the soldier to Commander, ARPERCEN (DARP-AR) as available for assignment. Pending clarification of further instructions, attach the soldier to the Office of the Senior USAR Advisor at the installation.

7) If the schooling for which enrollment has been denied is the result of local selection, the installation commander may determine the soldier's eligibility for subsequent attendance at the school.

- 8) If the schooling for which enrollment has been denied is the result of normal career assignment, the soldier is eligible for subsequent attendance at the school provided he meets the standards as defined in para 20c.
- 9) Soldiers reporting to a school as a result of a reenlistment option and found not to meet body composition standards will be reassigned IAW the needs of the Army (for active duty soldiers), or returned to home station as indicated above (for ARNG/USAR soldiers). No grounds will exist for the soldier to claim an unfulfilled reenlistment contract.
- 10) A memorandum will be sent to the first general officer in the sending/losing chain of command which addresses the soldier's failure to maintain standards and the possible failure of the unit commander to identify and enroll the soldier in the weight control program. In addition, for soldiers in a TDY enroute or PCS status, the school commandant will notify the gaining installation commander that the soldier reported to the school not meeting body composition standards. The receiving unit commander will screen the soldier upon arrival and enroll the soldier in the weight control program if the body composition standard is not met.
- 11) All enrollment denials and approved removal actions must be reported electronically to CDR, PERSCOM, 2461 Eisenhower Ave, Alexandria, VA 22331-0400. The following information will be forwarded:
  - a) Name
  - b) Social security number
  - c) Date of denial and/or removal
  - d) Brief synopsis of reasons for removal.

Paragraph 21g(2) is superceded as follows:

- 2) The unit commander will initiate a mandatory bar to reenlistment or administrative separation proceedings for soldiers who do not make satisfactory progress in the weight control program after a six month period and for whom no medical reason exists to cause the overweight condition. The appropriate regulations are indicated in j below.

Paragraph 21j is amended as follows:

j. The commander or supervisor will inform the individual in writing that a bar to reenlistment or initiation of separation proceedings is being initiated under the following regulations: AR 601-280; AR 635-200, chapter 5-15; AR 635-100, chapter 5; NGR 600-200, chapter 7; NGR 600-5; NGR 635-100; AR 135-175; or AR 135-178. These actions will be taken unless a medical reason is found to preclude the loss of weight or there is other good cause to justify additional time in the weight control program.

Paragraph 21k(1) and 21k(1)(a) are amended as follows:

- 1) If the unit commander determines that the individual exceeds the body fat standard--
  - a) Within 12 months from removal from the weight control program and no underlying or associated disease process is found as the cause of the condition, the unit commander will initiate separation proceedings per g and j above.

By Order of the Secretary of the Army

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**SUBJECT: IMPLEMENTATION OF NEW APFT STANDARDS**

The Purpose of this Message is to provide clarity to the field regarding the implementation of the APFT standards. The new APFT standards went into effect 1 February 1999 for all components of the US Army. Soldiers that score 270 or above with a minimum of 90 points per event on the APFT and meet body fat standards will be awarded the physical fitness badge for physical fitness excellence. Soldiers are required to meet the above criteria each record test to continue to wear the badge. Units who have not received the new APFT card should notify the TRADOC POC, CPT Richardson, COMM (757) 728-5611 or DSN 680-5611, for assistance.

POC for this action is MAJ Hughes, DSN 227-1108 or SGM Schexnader, DSN 227-4651.

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**SUBJECT: THE ARMY WEIGHT CONTROL PROGRAM, AR 600-9**

AR 600-9 has been revised and is currently pending publication. The name of the AR will change from "The Army Weight Control Program" to "The Army Body Composition Program." The revised edition will incorporate reference B as well as more specific guidance for ARNGUS and the USAR.

Reference B is extended until superseded by the newly revised AR 600-9.  
HQDA POC is LTC Francine Le Doux, DSN 227-2448.

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**SUBJECT: ORDERING BODY FAT MEASURING TAPE**

The new stock number for ordering the measuring tape is 8315-01-238-8103.

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**SUBJECT: GUIDANCE FOR IMPLEMENTING THE NEW APFT STANDARDS**

All soldiers in TRADOC units and courses will be evaluated by the new APFT standards beginning 1 FEB 1999. If soldiers complete an APFT for record to satisfy a graduation requirement prior to 1 FEB 1999, there is no additional requirement for a new APFT prior to graduation.

The new DA Form 705, Army Physical Fitness Test Scorecard, and the update to FM 21-20, Army Physical Fitness Training, should be available at your local publications distribution point. If you do not have these publications, please call CPT Richardson (ODCST) at DSN 680-5611. You can also access the DA Form 705 at the US Army Publications Agency web site. This address is <http://www.usapa.army.mil>.

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**SUBJECT: ESTABLISHMENT OF NEW APFT STANDARDS**

FROM : Headquarters, Department of the Army

New age groups are established to include a 62+ year group.

PT Badge will be awarded to soldiers attaining a score of 270 points to continue to wear the badge.

CSA directs that commanders assess the new scoring standards and provide their assessments to Commander, U.S. Army Physical Fitness School, ATTN: ATSH-PF, Bldg 468, Ft. Benning, GA 31905.

FROM: USAPFS

Soldiers that score 270 or above, with a minimum of 90 points per event on the APFT and meet body fat standards will be awarded the Physical Fitness Badge for physical fitness excellence. Soldiers are required to meet the above criteria on each record test to continue to wear the badge. Changes are required in AR 350-41 and AR 672-5-1. A message will be put out correcting the error.

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**SUBJECT: PROMOTION POINTS FOR SOLDIERS ON PERMANENT PROFILES**

See AR 600-8-19.

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**SUBJECT: POLICY CHANGE TO INSTITUTIONAL ARMY PHYSICAL FITNESS TESTING**

The Purpose of this message is to announce CSA approval of a policy change pertaining to the APFT at institutional training courses. The new policy affects the following functional and professional development courses: PLDC, BNCOC, ANCOC (for RC BNCOC/ANCOC Phase I common leader training only), Battle Staff NCO Course, First Sergeant Course, Non-Resident SMC, WOCS, WOAC, WOSC, OCS (alternate APFT is not applicable to OCS and WOCS). The new policy mandates all soldiers for the above courses will take the APFT within 72 hours of enrollment. If the soldier fails the initial APFT, then the soldier will be provided one retest seven to fourteen days after failure of the initial APFT. If the soldier fails the retest, the soldier will receive an academic dismissal for failure to meet APFT standards. Reserve Component (RC) soldiers attending training during the Inactive Duty Training (IDT) phase will take the initial APFT within 72 hours of enrollment. If the soldier fails the initial APFT, then the soldier will be provided one retest not earlier than day six, but not later than day seven of the POI after the initial APFT. If the soldier fails the retest, then the soldier will receive an academic dismissal for failure to meet APFT standards. Soldiers attending other professional development courses not mentioned in paragraph 2, in either a PCS or TDY status, e.g., SMC, OAC, CGSC, AWC, and any other resident courses eight weeks or longer are still under the policy which requires the soldier to take and pass the APFT in order to graduate. This change does not affect soldiers reporting to Drill Sergeant, Airborne, Ranger School, Special Forces Assessment and Selection, OCS or WOCS. These soldiers must meet the APFT requirements for these courses as established by TRADOC and approved by ODCSOPS per AR350-41, PARA 9-8.B(13). The new policy applies to all affected classes beginning 1 February 1999, to coincide with the start of the new APFT standards.

POC for this action is SGM Schexnayder, DSN 227-4651 or COMM (703)697-4651, or MAJ Hughes, DSN 223-7110 or COMM (703) 693-7110.9. Disposition cannot be determined at this time.

## **SUBJECT: POST PARTUM SOLDIERS AND THE PHYSICAL FITNESS AND WEIGHT CONTROL PROGRAM**

Female soldiers who meet the Army weight control standards and become pregnant will be exempt from the standards for the duration of the pregnancy plus 6 months following pregnancy termination. Such soldiers, even if exceeding the screening weight for height table or body fat standards of AR 600-9, 10 October 1986, will not be considered overweight and will not be flagged unless some other basis for a flag exists. Such soldiers, if on a promotion list, will be in a promotable status if otherwise qualified. If, after 6 months following pregnancy termination the soldier fails to meet the weight control standards, then she will be enrolled in the Army Weight Control Program (AWCP). A physician will medically clear female soldiers 6 months following pregnancy termination before they are enrolled in the AWCP.

A soldier who is currently on the Army Weight Control Program and becomes pregnant will remain flagged for the duration of the pregnancy and for a period of up to six months following pregnancy termination. If she does not meet the weight control standards by the end of the 6 months and a physician medically clears her, she will continue on the Army Weight Control Program. This is not considered a new enrollment, rather a continuation of her previous pre-pregnancy enrollment. When a soldier is continued in the AWCP, the provisions of paragraph 21E(2) and 21G, AR 600-9, do not apply for the period of time in the AWCP prior to continuation. A post partum soldier may be measured per ref C at her own request prior to 6 months, and if she meets the weight control standards, she will be removed from the Army Weight Control Program.

Pregnant soldiers, who are otherwise qualified for reenlistment, including those with approved waivers who were not in the AWCP prior to pregnancy, may reenlist or extend because such soldiers are not considered to be in the AWCP if their reenlistment date is during the period of pregnancy plus seven months. Pregnant soldiers who are otherwise qualified for reenlistment, including those with approved waivers but who were in the AWCP prior to pregnancy, will be extended for the minimum period that will allow for birth of the child plus seven months. If such a soldier meets the body composition standard of AR 600-9 during or at the end of the term of extension, then the soldier, if still otherwise qualified, will be allowed extension. The authority for extensions for active duty soldiers in this category, which will be cited on DA Form 1695 ("Oath of Extension of Enlistment") is AR 601-280, paragraph 4-9H. The authority for ARNGUS and USAR soldiers, which will be cited on DA Form 4836, is AR 140-111, table 3-1, rule O or NGB 600-200, table 7-1, rule K.

Upon diagnosis of pregnancy, the soldier is exempt from the regular physical training (PT) program of the unit and exempt from PT testing as outlined in Chapter 9, AR 350-41 for the duration of the pregnancy and up to 6 months past pregnancy termination.

It is recommended that installations offer pregnancy PT programs to assist pregnant and post partum soldiers in maintaining fitness throughout their pregnancy and to assist them in returning to pre-pregnancy fitness levels after pregnancy termination. Exercise programs must follow the guidelines of the American College of Obstetricians and Gynecologist, and women must be cleared to participate by the physician who confirms the pregnancy or by the nurse/midwife who issued the pregnancy profile (see paragraph 7-9B(2), AR 40-501). If that provider is uncertain as to her pregnancy risk factor, then clearance by an obstetric specialist is mandated.

Pregnancy PT programs also provide an ideal time for new expectant mothers to interact with experienced mothers. It provides an opportunity to educate new mothers-to-be on family care plans, parental responsibilities, nutrition, childcare, and other topics. Main installations already provide such programs and find that the combination of exercise and education is highly beneficial to pregnant soldiers.

Installations interested in starting pregnancy PT programs should contact the installation Fit-to-Win Coordinator, the Army Community Health Nurse, or the Army Physical Fitness School at DSN 835-6381.

The HQDA POC for this action is ODCSPER DAPE-HR-PR, LTC Francine Le Doux at DSN 227-2448.



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**SUBJECT: APFT CREDIT FOR SOLDIERS WITH PERMANENT PHYSICAL PROFILES**

Change 1 to AR 600-8-19: Those soldiers with permanent physical profiles for the sit-up or push-up events will be granted 60 points for each event waived and use their actual score for each event taken and must qualify on the 2-mile run or approved alternate test according to FM 21-20. Soldiers taking an alternative event for the 2-mile and receiving a go will receive a score for that event equal to the average scores of the other 2 events.

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*<http://www-benning.army.mil/mil/usapfs/pages/changes/htm>*

## Student Handout 4

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### Extract

This Student Handout contains copies of the Visual Aid slides for students to take notes.

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## **WEIGHT CONTROL PROGRAM**

### **ANALYZE THE UNIT WEIGHT CONTROL PROGRAM**

U659/OCT03/VT-1

## **WEIGHT CONTROL PROGRAM PRIMARY OBJECTIVE**

To ensure that all personnel:

- Meet the physical demands of duties under combat conditions.
- Present a trim military appearance at all times.

U659/OCT03/VT-2

## **COMMANDERS'/SUPERVISORS' RESPONSIBILITIES**

- Implement the Army weight control program.
- Ensure continued evaluation of all soldiers.
- Maintain data on their soldiers.
- Encourage soldiers to establish personal weight goals.

U659/OCT03/VT-3

## OVERWEIGHT PERSONNEL STATUS

- Non-promotable.
- Not assigned to command positions.
- Not authorized to attend professional or civilian schooling.
- Personnel overweight when they arrive at any DA board select school will be disenrolled.
- Personnel overweight when they arrive at a professional school (not DA or PCS) will be disenrolled and reassigned.

U659/OCT03/IGT-4

## SCREENING

1. Enter Wt Prg  
2. Flag  
3. Nutrition Coun.

Meets Height/Weight Table NO

YES Meets Body Fat Standard NO

Medical Problem \*\*

NO

Appearance Satisfactory YES

YES Medical\*\* Treatment

No Action

U659/OCT03/IGT-5

## ACTIONS

Wt Loss in Any 2 Consecutive Mos YES

Sat Progress in 6 months YES

Meets Body Fat Std. A NO

NO Medical Problem YES

Medical Treatment YES

Meets Body Fat Std YES

NO Below Ht/Wt Table YES

Remove From Wt Program

Consider Separation NO

A Enroll/continue weight control

U659/OCT03/IGT-6